

# 10/10 Fighting Fair

**Discuss  
one topic  
at a time**

**Set a timer  
for 10  
minutes**

**No  
cursing**

**Go to an area  
that you feel is  
safe and use a  
coping skill.**

**Be  
respectful  
to the  
person**

Taking the time away sometimes helps the situation more.

The 10/10 Method is taking the time for a set amount of time in a separate space. You can do this by setting a timer, an coming back together after the timer has gone off.



Ask Yourself Some Questions:

- Why are we fighting?
- What do I need right now?
- What is going to calm me down?
- What do I want to say?
- Can I go back and talk respectfully or do I need more time?

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